



Q1 Month 2024

Enhancing Parent's Confidence with Neurodevelopmental Care on NNU: The Impact of Increased Availability of Specialist OT and PT

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What did you do to implement the change/improvement?

Alongside neurological assessment & monitoring, the PT/OT provided individualised neurodevelopmental care prescriptions. These were created following observations of the infant & conversation with parents and staff about presenting areas of difficulty or meaningful co-occupations which were appearing a challenge to complete (i.e. positioning / handling / bathtime / bonding / soothability). A 45–60-minute therapy session was offered to provide education, advice & demonstration on the identified area & a prescription card issued as a reference point. Throughout January & February 2024, a Likert scale of 1-5 (1-minimum/5-maximum) was used with caregivers to self-assess their confidence with the prescription, immediately prior to the therapy session & approximately 3 days later.

One • all • we care Royal Cornwall Hospitals NHS Trust Developmental Care – Neonatal Therapy Prescription

Side-lying Nappy Change

Why do a side-lying nappy change?

- Maintain a flexed position for the baby.
- Baby can bring their hands to their mouth for comfort and self-regulation.
- Less change in intracranial pressure by lifting hips.
- Less stressful for baby



Aim: To support baby to maintain a calm, regulated state during nappy changes.

- Prepare area (nappy, cotton wool balls, warm water, bag for disposal of cotton wool, reusable wipe)
- Talk to your baby, touch with a whole, still hand and wait.
- Use a muslin to swaddle baby's upper half (or an extra person), with hands positioned to midline/face.
- Roll baby gently and slowly onto their side facing you.
- Move nest from in front and behind baby but keep base in place.
- Place clean nappy behind dirty nappy, slide tab under hip.
- Fold back dirty nappy; clean area using long, slow movements.
- Adjust and fasten nappy.
- Reposition nest (if using) for postural support.

Created by L Ellis, L Lucock, 4 October 2023

Have you had any feedback?

100% of parents reported an increase in their confidence level following therapy intervention. Parent Quote:

"The physio & OT input have had a huge impact on the excellent progress that my baby has made and I believe have lessened her need for intervention post discharge – they are a huge asset and I feel an essential part of the neonatal team"

What highlighted the improvement opportunity?

Preterm birth is associated with an increased risk of developmental problems & disorders. The early involvement & collaboration of key professions in developing care plans, enhances clinical effectiveness, enables therapeutic interventions, impacts on length of stay, helps avoid complications & improves longer term neurodevelopmental outcomes.

From Dec 2023-April 2024, with the introduction of temporary Ockenden Funding, Physiotherapy (PT) & Occupational Therapy (OT) input on our level 2 unit increased from 1 to 10 hours per week, provided as 2x 5- hour days each week. This remains well below the recommendations of staff outlined in the NICE guidelines.

What did you want to achieve?

To evidence locally that increased input from specialist PT/OT to promote & integrate neuro-developmental care on the NNU has a positive effect on parental confidence. This correlates with existing research that demonstrates parent/child dyad improves clinical effectiveness & long-term outcomes for both the infant & their whole family.

To promote value of therapy on the NNU as part of our business case, to promote need for further funding in line with NICE guideline recommendations.

How will/did you know that there has been an improvement?

Likert Scale rating parents confidence pre and post therapy intervention/prescription

